

ELITE ACADEMY PERFORMANCE REPORT



Hip Strength & ACL Prevention

THE POWER OF THE MINI BAND

With roughly 100,000 ACL injuries occurring each year in sport, and the average cost of ACL reconstruction surgery and rehab being \$13,000, incorporating hip strengthening mini-band exercises during a proper warm-up can help reduce the risk of non-contact ACL injuries.



Lateral Band Walks:

Band above knees 2x10yards

Forward & Backward Band walks:

Band above knees 2x10yards

Side Lying Clam Shell Openings:

Band above knees 2x10ea

Standing Knee Internal/External Rotation:

Band above knees 2x10ea

There is a general agreement in the sports medicine community that hip muscle weakness is responsible for a number of non-contact knee injuries. For those involved in high-level competitive sports especially soccer the ACL (anterior cruciate ligament) is the most frequently ruptured ligament of the knee joint, and in more common in young developing female athletes. Although risk factors for ACL injuries are multifactorial, a number of scientific studies report that an athlete's hip strength is a significant indicator when predicting future non-contact ACL injury.

Mini-band exercises can help bullet-proof your athletes, and prepare them for on-field training sessions, pregame activation, and included during preparation for gym sessions. Properly using the bands engage the body's neurological system and activate the hips, which help prepare the lower body for intensive movements such as cutting, landing, and deceleration. Weak or inactive muscles within the hip can result in poor alignment between the ankles, knees, and hips causing extreme stress across the knees. If the stress and force becomes too great, the ACL can be damaged and even suffer a complete rupture.